How To Create Your Workout Plan?

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“I can’t do …

Because…

Ok, so what CAN I do &

How long I can do it for?”

Let’s start with setting our daily schedule for activities.

- Walking
- Biking
- Yoga
- Running
- Weights
- Classes
- Hiking
- Cleaning

Please remember we count every minute we can schedule. If You have 2 minutes walking in the am, 16 minutes of stretching, make sure to think well and write down in your activity schedule.

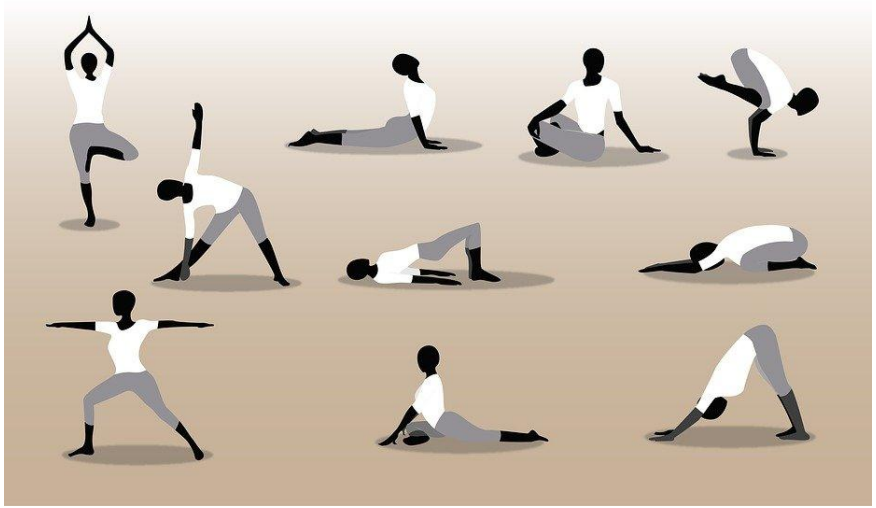
Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
							What activity, you can schedule as many as you wish.
							What time during the day and for how long

“Explore Your Strength, Discover Your Abilities”.

There are many types of activities to choose from, remember to explore at list 5 times to get the “real” feel of how you feel with it.

Even if you think that it is not perfect to your goal, modify it to where you are at the moment, modify it that you are challenged just at the right level to keep you committed to show up and do the work.



Find your why, the true reason that you FEEL and know you should be more active.

Few examples that might be useful:
If your new values are: Fitness, healthy, calmness.

I Feel stronger when I do push ups.
Everytime I finish a power walk I feel much more calmed.
I keep myself more active when I do yoga because it makes me feel much healthier.

I am healthy.

I am strong.

I am powerful.

I am joyful.

I choose to live healthy

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